

RE-ENERGIZE.

WITH GROUP FITNESS



US Bancorp Center Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Monday Meditation 12:00pm-12:30pm	Indoor Cycling 11:00am-11:45am	HIIT 7:30am-8:00am		Upper Body Pump 12:00pm-12:45pm
	Indoor Cycling 4:45pm-5:30pm	Yoga for Stress Relief 12:15pm-1:00pm	Ab-Session 4:30pm-5:00pm	

Reminders

All members must register for classes on Mindbody to ensure a spot

Maximum of 10 participants per class

Schedule is subject to change

Your feedback is appreciated!

Please scan the QR code to provide your input



CLASS DESCRIPTIONS

Monday Meditation

Breath away the case of the Mondays with this relaxing meditation class. Focus on breathing and turning your attention inward towards yourself. If you have never done meditation before- this is a perfect starting point.

Upper Body Pump

Are you looking to start the weekend on the right note? Come to this class do work all things upper body- working your chest, shoulders, biceps, triceps and more. Beginners are encouraged and expert lifters are welcome!

HIIT – High Intensity Interval Training

This morning class will keep the intensity going and you moving. You can anticipate short intervals with short rests, a perfect way to start your day on a high!

Indoor Cycling

Calling all beginners and experts to join Chris in the studio using our state-of-the-art bikes to climb hills, complete intervals, strength train and sprint. Come for the camaraderie and music and leave with a sweat.

Yoga for Stress Relief

This yoga class is a perfect mid-day recharge. Challenge yourself physically while keeping your mind at ease during this class. Taught to include anyone and everyone- modifications included. Beginners are welcome!

Ab-Session

A class where our abs are center stage, what could be more fun! In this class we will work our abs through rotations, holds, and more. One of the best things we can do is have a strong core, so what's stopping you from being your best self?

Contact Fitness Staff at USBCFitnessManager@piedmontreit.com or call 612-852-5511 for more information about our group exercise schedule and membership.



U.S. BANCORP CENTER